

JAN - FEB 2010 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity



fun
MORE THAN YOU IMAGINED

253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

AUBURN SENIOR ACTIVITY CENTER

2010 SENIOR SAVERS PANTRY

**ALL SENIORS WELCOME,
REGARDLESS OF INCOME!
THURSDAYS, 9 A.M. - 1 P.M.
FRIDAYS, 9 A.M. - 12 P.M.**

**JANUARY 7 AND 8
FEBRUARY 4 AND 5
MARCH 4 AND 5
APRIL 8 AND 9
MAY 6 AND 7
JUNE 3 AND 4
JULY 8 AND 9
AUGUST 5 AND 6
SEPTEMBER 2 AND 3
OCTOBER 7 AND 8
NOVEMBER 4 AND 5
DECEMBER 2 AND 3
JANUARY 6 AND 7**



Shop for low-cost foods on these two days per month. If you are new to the Pantry scene, you should know that we purchase foods in bulk or quantity at low prices and re-package them into individual sizes, passing the savings on to you. A wide variety of items are available : cereals, grains, cheeses, spices, raisins, juice and soup.

“ORDER AHEAD AND SAVE TIME”

Complete a form at the current Pantry and your order will await you the following month.

MAYOR
Peter B. Lewis

CITY COUNCIL
Sue Singer, Deputy Mayor
Nancy Backus
John Partridge
Virginia Haugen
Lynn Norman
Bill Pelosa
Richard Wagner

PARK & RECREATION BOARD
Richard Artura
Greg Dobbs
Vicki Gilthvedt
Michael Hassen
Laura Higdon
Julie Parascondola
John Webley

PARKS, ARTS & RECREATION
Daryl Faber, Director

2009 SENIOR CENTER ADVISORY COUNCIL

Don Black
Ray Botti
Doris Davis
Larry Doll
Geraldine Gawith
Shirley Grant
Bev O'Brien
Karen Parman
Amy Petheram

Traudle Plewka
Margaret Pullar
Donna Reiss
Don Schill
Ida Mae Struve
Helen Thompson
Ogden Tiernan
Bob Todd
JoAnne Walters

STAFF

Radine Lozier
Senior Center Supervisor

Rocky Kirwin
Recreation Coordinator

Cindy Whitman
Program Specialist

Karen Heide
Senior Center Asst.

Veta Howard
Social Worker
Senior Services of Seattle/
King County

Claudia Dickson
Nutrition Site Manager
Catholic Community
Services

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HOURS

Monday - Wednesday 8AM - 9PM

Thursday - Friday 8AM - 5PM

Activity Registration 8AM - 5PM

COMING IN MARCH - APRIL

• ST PATRICK’S DAY LUNCHEON

• RUMMAGE SALE

• EASTER LUNCHEON

• COMMUNITY VOLUNTEER LUNCHEON


DEAR READERS,

HAPPY NEW YEAR!

The New Year is the perfect time to try something new. Staff has been busy planning classes, trips, outdoor activities and special events. Now is the time to join an exercise class, our Wii Bowling league, participate in or listen to our jam session, play a game of cribbage, volunteer your time, or visit somewhere you have never been. Read through the brochure to discover all the things 2010 has to offer.

RESIDENT DISCOUNT FEES COMING IN MARCH

The City of Auburn recognizes people living within Auburn’s city limits support, through their city taxes, the City’s Senior Activity Center. Because of this, beginning March 1, the city will offer its residents a discount on selected Senior Center programs. People from outside the city limits are welcomed and encouraged to enjoy the activities and services at the Senior Activity Center.



Radine Lozier
Senior Center Supervisor

VOLUNTEERS, LET’S CELEBRATE

JANUARY/FEBRUARY BIRTHDAYS

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch day during the month of your birthday.

BIRTHDAY/ANNIVERSARY CELEBRATION
BIRTHDAY SPONSOR: CANTERBURY HOUSE & TOP FOODS LAKELAND HILLS
THURS., JANUARY 21, 11:30 a.m.
THURS., FEBRUARY 18, 11:30 a.m.
\$3 suggested donation; \$5.75 for those under 60

Birthday and/or wedding anniversary folks are invited to be seated, with their guests, at a special table and will be treated to a dessert and a favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers donated by Top Foods for our age 80 or over birthday celebrants and roses to couples celebrating 50 or more years of marriage, so be sure to tell us if you qualify.

WE NEED YOU!

Below are some of our current volunteer needs. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

CURRENT NEEDS
RESPITE VOLUNTEER
Tuesdays and Fridays10am - 3pm

Kitchen			
Shifts Available			
Any Day	M-F	9am - 2 pm	Kitchen Worker Scraper Dishwasher Salad Bar Lunch Registrar
	M	11:30am - 2 pm	
	T, W, F	11:30am - 2 pm	
	T, F	10am - 2pm	
	W	10:30am - 1	

SUGGESTION OF THE MONTH

November
Amy Petheram suggested that the age at which people can participate at the Senior Center be changed from 55 to 50. Radine will research the issue to determine the impacts, if any, on participation numbers and any other issues. Look for the decision in the March/April Brochure.

December
The December suggestion of the month will be in March/ April brochure.

SENIOR CENTER EVENING HOURS

Remember we are open Monday – Wednesday evenings from 5 pm – 9 pm. Join us for an evening of fun or relax with a good book by the fire. Soup is available Monday and Tuesday evening beginning at 4:30 pm.

Mondays Pinochle
Tuesdays Mexican Train Dominoes
Wednesdays Open Game Night

SALAD BAR DONATIONS

Due to budget cuts, our salad bar sponsors are no longer available to help with funding. If you enjoy the salad bar and would like it to continue, please consider making an extra donation for salad. See Radine with questions.

IN CASE OF SNOW

Call the Senior Center to make sure we are open BEFORE attempting to drive or walk here. We make every effort to keep the doors open and services available, but don't encourage folks to come down when roads and sidewalks are dangerous. Even if the doors are open, classes or activities might be cancelled. A good rule of thumb: If Auburn Schools are cancelled; Senior Center classes and activities will be cancelled.

Note: Threat of snow or icy roads may also result in cancellation of "Extended Hours" on Monday, Tuesday, and Wednesday evenings. Please call before you make a trip down.

WAITING LISTS

Many of our programs are filled to capacity. If this happens to you, be sure to add your name to the waiting list. As interest dictates, we often add an extra vehicle, a new class or offer a program again at a later date. Our goal is to accommodate as many people as possible.

ADVISORY COUNCIL

Meeting will be changing to the 3rd Tuesday of the month.

JAN 19	TU	10-11:30A
FEB 16	TU	10-11:30A

ADVISORY COUNCIL HIGHLIGHTS

At November's meeting we reviewed the success of two October Special Events – The Volunteers Awards Banquet and the Wellness Fair. We honored one hundred and eighty-eight volunteers who recorded 19,398 hours of volunteer time at the Center in the past 12 months. The total number of years collectively that they have volunteered was 820.

One hundred and thirty-five attended the Wellness Fair luncheon and visited with 36 health vendors. A big thanks was given to the Wellness team for all their hard work.

PARKING REMINDER

Hikers, walkers and day long trip goers are encouraged to park in the Parks and Recreation Administration lot or in spots by the Les Gove Multipurpose Building. It is important to have the spots close to the Senior Center available for daily drop in use.

GREEN RIVER FLOODING - ARE YOU READY?

Prepare now for a higher risk of flooding in the Green River valley. The higher risk is due to the water seeping more rapidly through an earthen bank next to the Howard Hanson Dam after holding record amounts of water last winter. Until the Army Corps of Engineers can make repairs, it must limit the amount of flood water is stores behind the dam.

If heavy or prolonged rain occurs this flood season (roughly October - March), many homes and businesses in the valley could be flooded. Prepare now to keep your family and property safe:

- Make and assemble an emergency kit.
- Contact your insurance agency or visit www.floodsmart.gov. **Everyone is eligible to purchase flood insurance regardless of whether or not you live in an identified flood plain.** Insurance policies have a 30-day waiting period from the initiation of the policy until the policy takes effect, so we are encouraging people to have a policy in place by November 1.
- Be sure to have your phone number registered with Auburn's reverse 911 system "Auburn Alert" so that you can be called in the event of an emergency. To have your number placed in the database, contact the City of Auburn Emergency Preparedness Office at 253-876-1925 or visit www.auburnwa.gov/disaster.

REGISTRATION CARDS

It is time to update your Senior Center Registration Card. It is important that we have current contact and emergency information on file. Pick up your 2010 card at the Hostess Desk or in the Office. Thanks in advance for taking the time to complete your card.

ONGOING ACTIVITIES - DAYTIME

MAH JONGG

Wright Patterson AFB Rules

Mondays 10A-12P
12:45-2:30P

SCRABBLE®

Mondays 1-4:30P
Fridays 1-4:30P

BINGO

Sponsored by Auburn Meadows Assisted Living

1st and 3rd Tuesdays 12:45-2:15P Free

COMPUTER TUTOR

Mondays 10:30A-12:30P,
1:30-3:30P Free
Tuesdays 12-3P Free
Thursdays 10:30A-12:30P Free
Fridays 10A-12P Free

CRIBBAGE

Wednesdays 3-5P Free

NEEDLE CRAFT CLUB

See page 9 for details

1st and 3rd Wednesdays 9:30 -11:30A Free

OPEN JAM

2nd & 4th Wednesday 10-11:30A Free

FOOTCARE BY APPOINTMENT

Provided by Karen's Foot Care

1st, 2nd and 3rd Mondays \$27

MASSAGE BY APPOINTMENT

Provided by Leslee

2nd and 4th Tuesdays 10A-3:30P

2nd and 4th Friday 10A-3:30P

\$33 for one-half hour; \$53 for full hour

PINOCHLE PARTIES

Tuesdays and Thursdays 12:45-3:30P Free

CONTRACT BRIDGE

Fridays 10A-12P Free
12:45-3P Free

MONTHLY BOOK CLUB

3rd Tuesdays 1-3P Free

For book choices see page 9

POOL

The Pool Room is open for drop-in play daily;
Friday afternoon tournaments are at 12:45P
(Participants must sign in to play by 12:30P)

GONE TO THE MOVIES **New Start Time!**

Wednesdays 1P Movie: Free

Refreshments sponsored by The Woodmark at Steel Lake.
The Senior Activity Center is licensed to show movies. Join us for first run movies and an occasional classic.

JAN 6 MY SISTER'S KEEPER

(PG-13 for profanity, adult situations, youth substance use)
Drama starring Cameron Diaz and Alec Baldwin, 1 hour, 50 mins.

JAN 13 MY ONE AND ONLY

(PG-13 sexual situations, profanity) Comedy, Drama
starring
Renee Zellweger and Kevin Bacon, 1 hour, 48 mins.

JAN 20 TIME TRAVELERS WIFE

(PG-13 for nudity, sexual situations, adult situations)
Drama, Romance, Sci-Fi starring Rachel McAdams and Eric Bana, 1 hour, 47 mins.

JAN 27 COME SEPTEMBER

(G) Comedy, Romance, Classic starring Rock Hudson and Gina Lollobrigida, 1 hour, 52 mins.

FEB 3 JULIE & JULIA

(PG-13 mild language, sexual situations) Biography,
Comedy, Romance starring Meryl Streep and Amy Adams,
2 hours.

FEB 10 THE UGLY TRUTH

(R for sexual content and language) Comedy, Romance
starring Gerald Butler and Katherine Heigl, 1 hour, 36 mins.

FEB 17 ANGELS AND DEMONS

(PG-13 for sequences of violence, disturbing images
and thematic material)
Mystery, Thriller starring
Tom Hanks and Ewan
McGregor, 2 hours, 18
mins.

FEB 24 HARRY POTTER & THE HALF BLOOD PRINCE

(PG for scary images,
some violence, language
and mild sensuality) Sci-Fi
starring Daniel Radcliffe,
Emma Smith and Rupert
Grint, 2 hours, 33 mins.



MONDAY SUPPER CLUB

Join us the 3rd Monday of the month for Supper Club.
Leave the cooking to us and support the Wellness Team.

Why not bring the whole family? All ages are welcome.

To aid in planning, please pre-register by calling or stopping by the front desk.

JAN 25	M	4:45- 6P	\$6	31858
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Spaghetti, Chopped Salad, Garlic Bread, and Dessert.

FEB 22	M	4:45- 6P	\$6	31859
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Teriyaki Chicken, Brown Rice, Asian Vegetables, and Dessert.

MONDAY AND TUESDAY NIGHT SOUP

4:30–6:30P (or while supplies last) Cost: \$2

Homemade soup, fresh rolls and good company are a perfect match for a light, filling dinner.

(Note: No soup the night of Monday Supper Club)

Tuesday night soup is back by request. So, eat up and it will stay.

SENIOR DINNER**AUBURN REGIONAL MEDICAL CENTER**

JAN	No Dinner
FEB 25	

Please call 1-800-370-8640 at least one week prior to dinner to register.

**ONGOING ACTIVITIES - EVENING****MON, TUE & WED****5-9P****MONDAY****COMPUTER LAB**

Open for drop-ins

PINOCHLE PARTIES

5:45-9P

TUESDAY**COMPUTER LAB**

5:30-8P Open for drop-ins and tutoring

MASSAGE BY APPOINTMENT

Provided by Leslee

2nd and 4th Tuesdays 4-7P

\$33 for one-half hour; \$53 for full hour

UNLOCK THE SECRET

to free and low cost services available to you.

Tuesdays 5:30-8P Free

Having a hard time finding services or funding for services? Come join us in the computer room and learn to search the Internet to find a treasure of information.

MEXICAN TRAIN DOMINOES

6-9P

FREE

WEDNESDAY**COMPUTER LAB**

Open for drop-ins

GAME NIGHT

6-9P

Bring your favorite board game for a night of fun

POOL ROOM

Open for drop-in play Monday-Wednesday

POOL TOURNAMENTS

6-9P (Sign up by 5:45P)

1ST MONDAY

Mixed Doubles 8-Ball

2ND MONDAY

Ladies 8-Ball

3RD MONDAY

Mixed Doubles 9-Ball

4TH MONDAY

Ladies 9-Ball

SENIOR COFFEE HOURS WITH THE MAYOR AND COUNCILMEMBERS

Second Thursdays 10-11A

JAN 14 Mayor Lewis

FEB 11 Virginia Haugen
Bill Peloza

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Councilmembers or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

Mayor Pete Lewis was elected to his current office in January of 2002 after having served as a city councilmember since 1998. He is currently serving in his third term. He is a strong believer in community involvement; he has always been active in a variety of local organizations and encourages others to do the same. Mayor Lewis has been committed to working in partnership to increase business development while keeping the sense of a small town community whole.



Virginia Haugen was elected to serve on the Auburn City Council for a term beginning January 2008 through December 31, 2011. Haugen serves on the Municipal Services Committee and the LEOFF Board. She previously served on the Public Works Committee.



Councilmember Bill Peloza was elected to serve on the Auburn City Council for a term beginning January 2004 through December 2007 and was re-elected for a second term in January 2008 through December 2011. He is Vice Chair of the Municipal Services Committee, member of the Finance Committee and has served on the Public Works Committee and LEOFF Board.



CHERYL SALLEE ART GALLERY

JANUARY – FEBRUARY

DOROTHY MCCUISTION, MONOTYPE

Print artist Dorothy McCuistion presents her mixed media monotypes, showcasing a variety of images pressed and layered onto paper.

MARCH – APRIL

ESTHER AKRISH, WATERCOLOR/OIL/PASTEL

Artist Esther Akrish uses a variety of media to achieve vibrant color in the landscapes and figures she creates.

INCOME TAX PREPARATION

Beginning in February and continuing until April 13th AARP trained tax counselors will be on hand on Monday and Tuesday mornings to help complete your 2009 income tax forms. Call the Senior Center, (253) 931-3016 for an appointment. Sign up begins January 11th.

VALENTINE'S DAY LUNCH

F	11:30A-1P	FEB 12	31927
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You won't want to miss this fun entertaining luncheon. The staff, Radine, Rocky and Cindy, and their spouses will entertain everyone with a version of the Newlywed Game. Invite a special guest i.e., daughter, son, friend, neighbor, or sweetheart for a fun filled afternoon. Pre-purchase tickets at the front desk. Cost: \$3 suggested donation Under 60 years of age \$5.75

JAM SESSION

JAN 13 & 27	W	10-11:30A
FEB 10 & 24	W	10-11:30A

The open jam session is open to all electric and acoustic instruments. Musicians of all abilities are welcome. Everyone, including non-musicians, are welcome to enjoy the music.

NEEDLE CRAFT CLUB

W	9:30-11:30A	1 st and 3 rd WEDNESDAY
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Can't find time for your knitting, crocheting, embroidery or stitching?? Now you have a time and place to do just that. Meet for 2 hours every 1st and 3rd Wednesday 9:30-11:30 a.m. at the Senior Center to work on your project. A friendly and relaxed atmosphere makes for the perfect place to meet with new and old friends to enjoy your favorite needlework hobby.


**CLASSES FOR ALL AGES AT THE SENIOR ACTIVITY CENTER:
GENERATIONS UNITE**

- *Classes are open to all adults. Program offers flexibility with both day and evening classes. Take classes with friends or family of any age.*
- **Registration options: register by phone, fax, online or in person.**
- **Register at the Senior Activity Center or Parks, Arts & Recreation Administration Building.**

ACADEMIC
**AUBURN SENIOR READERS
AND FRIENDS BOOK CLUB**

Join our monthly book club. All are welcome.
Every 3rd Tuesday, 1-3P

JANUARY 19

"Dewey" by Vicki Myron with Bret Witter.
The effect that a cat named Dewey Readmore books had on an Iowa library and its patrons.

FEBRUARY 16

"A. Lincoln" by Ronald C. White Jr.
A biography of the 16th president including analysis of his principal speeches and writings.

AARP DRIVER SAFETY

JAN 11-12	10A- 3P	31873
JAN 25-26	6-10P	31872
FEB 1-2	10A- 3P	31870
FEB 22-23	10A- 3P	31871
MAR 29-30	10A- 3P	31875

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$14 is required the first day of class. AARP members will receive a \$2 discount if they have their membership card with the number. Make check payable to AARP.

SPANISH


JAN 7-FEB 25	TH 10A-12P	\$45	31595
MAR 11-APR 29	TH 10A-12P	\$45	31596

Learn common phrases, pronunciation, basic grammar and conversation. Instructor Alicia Luy is from Quillota, Chile, where she taught for years. English is not spoken in the class. Students need to purchase the book 'Spanish the Easy Way', by Silverstein (4th Edition). Ages 18 and over. Instructor Alicia Luy

SWEDISH-CONVERSATIONAL

JAN 7- MAY 20 TH 1:30-3:30P FREE

Do you speak Swedish? Have you always wanted a group of people to speak with? This is the group for you. Join us for Conversational Swedish. Some knowledge of the language is required. Class meets on the first and third Thursday of the month. Instructor Anne-maj Caya

WRITING YOUR LIFE STORY


JAN 7-FEB 25 TH 1- 3P \$23 31591

Learn how to write your life memories in a hands-on class by author/instructor Colleen Reece. Sessions include getting started, sharing of short in-class and homework assignments, how to make your writing sparkle and constructive critiquing. Instructor Colleen Reece.



ART**CARD MAKING****VALENTINE'S & GET WELL**

JAN 14	TH	1- 3P	31901
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ST. PATRICK'S DAY AND THINKING OF YOU

FEB 11	TH	1- 3P	31902
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EASTER AND SYMPATHY CARDS

MAR 11	TH	1- 3P	31903
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Make home made cards for your family, friends, and the Senior Center at the same time developing your creative talents. You will make two for you and some for the Senior Center Cards that we can send to seniors in our community. A supply fee of \$4 will be collect in class for your cards. Instructor: Chris Dorsey.

WATERCOLOR

JAN 11-MAR 15	M	1- 3:30P	\$41	31597
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JAN 12-MAR 2	T	6- 8:30P	\$41	31598
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JAN 13-MAR 3	W	1- 3:30P	\$41	31599
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Enjoy a relaxed, friendly, comfortably structured class open to all levels of ability. You will learn about supplies and varied techniques. The instructor encourages individual creativity. Supply list is available. Instructor Rickey Burlando. No class on Jan 18 and Feb 15.

OIL PAINTING

JAN 4-MAR 8	M	9A-12P	\$41	31878
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MAR 15-MAY 3	M	9A-12P	\$41	31879
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Discover or review oil painting techniques to help you paint your own beautiful pictures. This class is open to all levels. A supply list is available on request. Instructor Georgia Heimbach. No class on Jan 18 and Feb 15.

SMALL SCALE METAL SCULPTURE

MAR 7	SU	9:30A-4P	\$55	31812
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Learn techniques to manipulate metal (hammer, stamp, roll, solder and rivet) in order to create a small scale sculpture. Bring safety glasses, ear plugs and a sack lunch. \$10 supply fee payable in class. Instructor: Reeves.

INTRODUCTION TO WATERCOLOR PENCILS

MAR 20	SA	9:30A- 3:30P	\$55	31783
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Want the look of watercolor and the control of colored pencil? Water-soluble colored pencils can match anything watercolor does, plus have the ability to create effects impossible with watercolor. Discover this medium's exciting versatility with techniques such as wet-on-dry, dry-on-wet, wet-on-wet and more. Learn about materials, tools and techniques as you learn to apply this information to create a painting. Instructor Miffit.

POND BUILDING 101

JAN 23-FEB 6	SA	9A-12:30P	\$40	31811
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You will gain an understanding and knowledge to be able to construct your own pond. Topics to be discussed include pond location, pond design, biological filtration, plumbing and the safe use of electricity, water chemistry, koi and/or goldfish selection and sources for materials. Instructor Benbow.

**REMINDER:****ALL ADULT PROGRAM INSTRUCTORS****HIRED BY THE AUBURN SENIOR ACTIVITY****CENTER ARE INDEPENDENT CONTRACTORS****AND THE RESPONSIBILITY FOR THE****CURRICULUM OF THE CLASS RESTS WITH****THE INSTRUCTOR.**

COMPUTERS

COMPUTER LAB

Open Lab with Tutor (Subject to Change)

M:	10:30A-12:30P	FREE
M:	1:30-3:30P	FREE
T:	12 - 3P	FREE
T:	5:30 - 8P	FREE
TH:	10:30A - 12:30P	FREE
F:	10A - 12P	FREE

Come check out our computers! Do you have specific questions about how to use the Internet, or about Microsoft Word® or Excel®? Or if you just have general questions about computers, drop by our open labs with tutor times.

Headphones are available for checkout at the front desk. You can purchase a printing card, worth \$2.50 or \$5, or you can pay 5 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files will be stored on the computers.** For your convenience CDs are for sale at the front desk. The lab is open from 8a-9p on Monday, Tuesday, and Wednesday and from 8a-5p Thursday and Friday.



FITNESS/HEALTH/WELLNESS

ENHANCE FITNESS®

An exercise program for seniors designed to improve physical conditioning levels. The class includes stretching and balance exercises, exercises to improve strength and range of motion through use of wrist and ankle weights and aerobics, safe and effective for seniors with a wide range of physical abilities. **Medicare Group Health Members can participate free of charge.** Instructors Angela Rash (morning) and Mary Brown (afternoon). No class on March 24 and 26.

MORNING

NON GROUP HEALTH

JAN 4-29	M,W,F	8:15- 9:15A	\$25	31813
FEB 1-26		8:15- 9:15A	\$25	31817
MAR 1-31		8:15- 9:15A	\$25	31821

GROUP HEALTH

JAN 4-29	M,W,F	8:15- 9:15A	FREE	31814
FEB 1-26		8:15- 9:15A	FREE	31818
MAR 1-31		8:15- 9:15A	FREE	31822

AFTERNOON

NON GROUP HEALTH

JAN 4-29	M,W,F	3:30- 4:30P	\$25	31815
FEB 1-26		3:30- 4:30P	\$25	31819
MAR 1-31		3:30- 4:30P	\$25	31823

GROUP HEALTH

JAN 4-29	M,W,F	3:30- 4:30P	FREE	31816
FEB 1-26		3:30- 4:30P	FREE	31820
MAR 1-31		3:30- 4:30P	FREE	31824

NEW OPTION FOR ENHANCE FITNESS *New!*

10-class punch card

We are now offering a 10 class punch card. The card will be good for six months and it is only good for the class (morning or afternoon) that you purchased it for.

MORNING

JANUARY CARD AM

JAN 4-JUN 28	M	8:15- 9:15A	\$40	31852
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FEBRUARY CARD AM

FEB 1-JUL 26	M	8:15- 9:15A	\$40	31853
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MARCH CARD AM

MAR 1-AUG 23	M	8:15- 9:15A	\$40	31854
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AFTERNOON

JANUARY CARD PM

JAN 4-JUN 28	M	3:30- 4:30P	\$40	31855
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FEBRUARY CARD PM

FEB 1-JUL 26	M	3:30- 4:30P	\$40	31856
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MARCH CARD PM

MAR 1-AUG 23	M	3:30- 4:30P	\$40	31857
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TRANSITIONS

JAN 20-27	W	10-11:30A	31892
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For seniors over 55+, and those transitioning into their 60's, 70's, and have been empty-nesters and now find a new identity and role emerging. Sometimes this role is confusing, upsetting or find themselves ready for a new challenge but question the process and purpose in this new shift. This workshop allows participants to share, discuss and brainstorm some information and ideas about approaching this time of life. And may provide some trail-markers for those curious or confused about what to do. Especially in this age of Information; how do we transition to down-sizing? losses of both family and friends? dating? just finding out who we are. If these thoughts and feelings cross your mind or this applies to you - please join us. Speaker to be announced (speaker/class format).

WHAT IS PTSD?

FEB 17-24	W	10-11:30A	FREE	31893
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The description of Post Traumatic Stress Disorder (PTSD) is a serious condition that occurs as a result of experiencing a traumatic event and suffering the delayed responses, behaviors, reactions following. This often applies to service personnel; but also applies to everyday people, men, women, and children with no respect of age or other socioeconomic factors. Brought on by life trauma events, mental, physical and sexual abuse is often at the core of the person who suffers from PTSD. If you feel this describes your life experience and want to gain some insight, new information and some coping skills for healing and closure please join us. Speaker to be announced (speaker/class format).

BEGINNING YOGA

JAN 6-FEB 24	W	5:30- 6:45P	\$59	31762
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Beginning yoga in the Viniyoga tradition relieves emotional stress, tones the body, mind and emotions. Class includes both standing and floor poses. Bring a yoga mat and blanket to class. No class November 11 and 25.

BEGINNING YOGA FLEX OPTION

JAN 6-APR 21	W	5:30- 6:45P	\$59	31765
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Flex option gives you the flexibility to attend any six classes during the 12-weeks of the current quarter. See course description listed separately. This flex option expires December 9. Bring a yoga mat and blanket to class.

CONTINUING YOGA

JAN 6-FEB 24	W	7- 8:15P	\$59	31768
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Students deepen their understanding and practice of yoga postures and breathing. Bring a yoga mat and blanket to class. Prerequisite: Beginning Yoga or permission from instructor. No class November 11 and 25.

CONTINUING YOGA FLEX OPTION

JAN 6-APR 21	W	7- 8:15P	\$59	31810
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Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. See course description listed separately. This flex option expires December 9. No class November 11 and 25.

INTRODUCTION TO TAI CHI

JAN 4-MAR 1	M	7:30- 8:30P	\$40	31740
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Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor Gil Bortleson.

INTERMEDIATE TAI CHI

JAN 4-MAR 1	M	6:15- 7:15P	\$40	31742
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Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi.



PILATES - YOGA FUSION

JAN 4-FEB 8	M	10-11A	\$55	31843
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This class will combine the healing benefits of yoga's focus on movement, flexibility and centering ourselves with the breath work, core awareness and strengthening that Pilates offers. The best of both worlds! The perfect combination to stretch and strengthen our bodies. This class is suitable for all levels, beginners welcome. Bring a yoga mat. Instructor: Stover. Class is held at Corestar Pilates

ZUMBA GOLD

JAN 12-FEB 16	T	8:30- 9:30A	\$29	31876
FEB 23-APR 6	T	8:30- 9:30A	\$29	31877

Latin dance style workout made for seniors. Lets dance off some Holiday calories, Zumba style music is fun, moves are simple and very repetitive you will be sweating before

DANCE

BALLROOM DANCE



JAN 5-26	T	6:30- 7:45P	\$38	31661
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Learn classic ballroom dances; fox trot and waltz, as well as plenty of lively swing! Lead and follow techniques will be emphasized throughout this class. Instructor: England.

EAST COAST SWING



JAN 5-26	T	7:45-9P	\$38	31663
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The All-American Dance! This Class features both fast (single time) and slow (triple time) versions of this fun and versatile dance. Great for all types of music. Wear shoes that you can turn in easily. Wear shoe you can turn in. Instructor: Charles England.

WEST COAST SWING LEVEL 1



FEB 2-23	T	6:30-7:45P	\$38	31665
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The coolest and most expressive style of swing around! This level 1 class teaches basic rhythms and turns to a variety of music. From Blues to Country, Jazz to Top 40. Instructor: Charles England

SALSA LEVEL 1



FEB 2-23	T	7:45-9P	\$38	31670
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Spice up your night with hot salsa! Learn basic patterns and turns in this exciting dance. Class also includes fun and easy Meringue. Instructor Charles England

WEST COAST SWING LEVEL 2



MAR 2-16	T	6:30-7:45P	\$38	31672
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Build on skills from the level 1 class as you add new steps like 'tucks' and 'whips'. Includes an introduction to the ultimate slow dance; night club two-step. Level 1 or similar experience. No Class March 23. Instructor: Charles England

COUNTRY WESTERN



MAR 2-30	T	7:45-9P	\$38	31667
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Dance all night long as you learn classic two-step, waltz, and four-count country swing. Almost more fun than the law allows! No Class March 23. Instructor: Charles England



COMING IN MARCH

Watch the Board and your brochure for the upcoming DE-CLUTTERING Class to coincide with the Center's Rummage Sale. Will be fun and productive!!

HIKES AND WALKS

Participation has increased dramatically in these programs. Our goal is to give all an opportunity to participate and have a good time. Please be aware of the following:

1. Hikers/Walkers are permitted to register themselves and only one other person (this includes a spouse).
2. Hikers/Walkers are permitted to register for three hike destinations (hikes or walks) per month. (Additional dates can be added on a space available basis the Tuesday prior to the hike).
3. Hikes/Walks leave at 9 a.m. (unless otherwise noted). We plan to return by 3:30 p.m., although some variables cannot be avoided, i.e., traffic, walking speed of hikers, etc. Plan accordingly.
4. We make a rest/snack stop on our return trip. This allows everyone to stretch, use the restroom and get a snack.
5. We hike/walk rain or shine. Dress appropriately, i.e., layers, rain gear, boots, hats, gloves, etc. A light daypack is recommended for carrying essentials.
6. Bring lunch and at least 16 oz. of water. See staff with questions or concerns.
7. Hiking boots and a walking stick or trekking poles are recommended.

Updated Rating System:

- #1. Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- #2. Moderate; sometimes paved; some hills; may be over 5 miles.
- #3. Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- #4. Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

HIKERS' EMAIL LIST

28761

If you have email and want to be notified when a hike isn't full the Tuesday prior to the hike, please register for the class number above.

HIKE DESTINATIONS MAY NEED TO BE ADJUSTED DUE TO LINGERING SNOW IN THE MOUNTAINS. HIKES OF COMPARABLE RATING WILL BE SUBSTITUTED.

WALKS

Hikers/Walkers are permitted to register for three destinations (hikes or walks) per month. Walks rank from 1-3 miles.

BURKE GILMAN TRAIL

MILES: 3

JAN 12	T	10A- 3:30P	\$8	31868
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Begin at the end, the Tracy Owen Station in Kenmore. Follow this paved Granddaddy of all urban trails in the state. Though close to the shores of Lake Washington, the trail winds behind waterfront homes offering only peak-a-boo views of the lake. Tracy Owen station houses bakery, ice creamery, tavern, and coffee shop.

PIONEER PARK

MILES: 3

FEB 9	T	10A- 3:30P	\$8	31869
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This forested 120-acre park consists of three adjacent quarter-mile sections. The largest park on Mercer Island is located toward the southern end. It has miles of trails from flat to moderately sloping. Pioneer Park offers the best idea of what Mercer Island was like in the days of summer cabins and before the floating bridge.

SNOWSHOEING

SNOWSHOEING

TBA	9A- 4P	\$55	31851
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Enjoy a great outdoor adventure with experienced guides and get some good exercise. No experience necessary. Pack a lunch, snacks and water. Fee includes snowshoes, transportation and guided tour.



HIKES

Weekly hikes range from 5-8 miles. Destinations vary throughout the year. Hikers/Walkers are permitted to register for three destinations (hikes or walks) per month.

MILLER SYLVANIA MILES: 5 RATING: 2

JAN 8	F	9A- 3:30P	\$10	31860
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Woods, meadows, and the shoreline of Deep Lake make up this looping hike. Hills are gradual. Trails may have some muddy areas as well as exposed roots and rocks.

GRAND RIDGE MILES: 6.5 RATING: 2+

JAN 15	F	9A- 3:30P	\$10	31861
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A new trail for our group the Grand Ridge Trail was built by the Washington Trails Association. The in and out hike will begin at Central Park in the Issaquah Highlands. After passing a retention pond the trail enters the woods. The trail steadily but not steeply gains 500 feet, then undulates through mixed forest. Expect some roots, rocks, and mud.

LITTLE SI MILES: 5 RATING: 3+

JAN 22	F	9A- 3:30P	\$10	31862
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This lovely wooded in and out hike begins with a significant hill, becoming more gentle, then ends in stepping up rocks to a great view of the I-90 corridor. With an elevation gain of 1200 feet hearts will be given a work out. Expect exposed roots and rocks and muddy spots. The trail has been improved and one of the rocky scrambles has been turned into a switch back.

DISCOVERY PARK TO THE BEACH**MILES: 5 RATING: 2+**

JAN 29	F	9A- 3:30P	\$10	31863
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This favorite hike leads through woods, down stairs to the West Point Lighthouse, then back up to the ridge line. There will be excellent views of the Kitsap Peninsula, Puget Sound, and shipping traffic. Expect exposed roots and muddy spots.

ALKI BEACH/SCHMIDT PRESERVE**MILES: 3-5 RATING: 1-2**

FEB 5	F	9A- 3:30P	\$10	31864
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This hike offers an option for walkers and hikers to mix. Walkers will stick to the beach walk while hikers will add the uphill loops through the Schmidt Preserve. All participants can join for lunch at Spuds or other establishments at Alki.

SOARING EAGLE REGIONAL PARK**MILES: 5 RATING: 2**

FEB 12	F	9A- 3:30P	\$10	31865
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Soaring Eagle Regional Park is 600 acres of mature forests, wetlands, and wildlife habitat. Located on the edge of the Sammamish Plateau the park sits above Patterson Creek along the flank of the Snoqualmie River Valley. There will be some roots, rocks, and mud with the possibility of bear, bobcat, and black tail deer.

TRAIL OF THE GIANTS MILES: 5 RATING: 3+

FEB 19	F	9A- 4:30P	\$10	31866
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Pack Forest offers a variety of snow free trails. This loop hike proceeds through forests and clear cuts to a remnant of old growth forest. Trails have exposed roots and rocks as well as an elevation gain of 1000 feet

PT DEFIANCE PARK**MILES: 5 RATING: 2+**

FEB 26	F	9A- 3:30P	\$10	31867
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The loop hike begins at the Pt. Defiance Boathouse and leads up through the rose garden, around the zoo, and into the woods. Expect great views of the Narrows and Gig Harbor. The trail descends to Owen Beach then follows the breakwater back to the starting point.

Reminder: Payments for hikes and walks are due when registering. Credits will be made to accounts for cancellations made three working days prior to hike.

SPORTS

SENIOR VOLLEYBALL

OCT 20-MAR 30 FULL SEASON	T,TH	10A-12P	\$40	31253
JAN 4- MAR 30 1/2 SEASON	T,TH	10A-12P	\$28	31928
OCT 20-MAR 30 PUNCH CARD	T,TH	10A-12P	\$20/\$10	31254

There is no reason to sit around all winter, when you can be up and excersing. Men and women of all experience levels are encouraged to join our co-ed volleyball teams. There is sure to be lots of fun, exercise, and competition for all.

Play will begin October 21 at the LDS Church Gym, 1820 F St. SE. The season runs through March. All players need to register at the Senior Center and pay \$40 for the season. We also have a 5 or 10 day punch card available. See Rocky with questions. Instructor Eva VanNorman.

SENIORS VS STAFF POOL TOURNAMENT

FEB 11 TH 12:30-2:30P

Come cheer on the staff as they need all the help they can get as the take on the Seniors at this yearly event.

WII BOWLING TEAM VS. STAFF

JAN 21 TH 10A-12P

Our Wii bowling team just finished their first season in the first ever south king county Wii bowling league. We(staff) thought we would have some fun and challenge them to a game.

WII BOWLING LEAGUE (2-PERSON TEAM)

JAN 27 W 9:30A-12:30P \$5 31847

We are looking for Wii bowlers of all abilities for an in-house league. Whether you practice all the time or have never played, this is the league for you because it all about having fun. If you don't have a partner we will do our best to match you up with somebody.

POOL

OPEN POOL DAILY MONDAY – FRIDAY

Except for Friday afternoons and Monday evenings during tournaments. There is always hot competition. Come and join the fun – all players are welcome. Because of the popularity of tournaments, they often last several hours. If you plan to participate, please be prompt.

DAY POOL TOURNAMENTS

1st Wednesday 1:30 Scotch Doubles
\$1 donation suggested for refreshments

Fridays 12:45P (sign up in Pool Room by 12:30P)

1st Friday Super Senior (73+) 9-ball
2nd Friday Men's 8-ball
3rd Friday Super Senior (73+) 8-ball
4th Friday Men's 9-ball

EVENING POOL TOURNAMENTS

Mondays 6-9P (sign up in Pool Room by 5:45P)

1st Monday Mixed Doubles 8-ball
2nd Monday Ladies' 8-ball
3rd Monday Mixed Doubles 9-ball
4th Monday Ladies' 9-ball

On Friday from 11-11:45A the Respite Program has two pool tables reserved for the use of their participants.



YMCA

FREE SWIMMING

Times are available to Auburn residents at the YMCA.

LAP SWIM

JAN 5–JUN 17 T,TH 8-9A 3 LANES

WATER AEROBICS

JAN 5 –JUN 17 T,TH 9-10A
Up to 20 people (Shallow or deep water)

FAMILY SWIM

JAN 5 –JUN 19 SA 4-5P BOTH POOLS

These programs are free. Seniors need to check in at the front desk and identify themselves as City of Auburn participants. Call YMCA for more details 253-833-2770.

VAN TOURS

SENIOR ACTIVITY CENTER TRAVELERS NEED EMERGENCY INFORMATION AND WAIVER FORM ON FILE

All persons taking Senior Center trips are asked to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms will be sent with the escort on each trip. In case of a medical emergency, we can act more effectively on your behalf. If you have not yet completed this form, please ask for one at the front desk.

REMINDER:

Payments for trips and tours are due when registering. Unless noted, a trip is open for registration the first working day of the month in which it appears in the brochure.

TRAVELERS WITH DISABILITIES

Those needing special assistance on bus or van tours need to see staff regarding handicapped accessibility. See staff if you have questions.

Van tours are usually short, one-day trips which normally require walking.

If walking presents a problem for you, check with staff prior to registering about advisability of taking a specific trip. Because most van tours include time on your own for sightseeing, eating and shopping, be prepared for these activities.

Handicapped Accessible Bus
Van trips using this vehicle will be marked:



LEISURELY LUNCH

Here is the perfect excuse for lunch out with friends. Join us monthly for a different restaurant and fun social experience. Cost of meal is on your own.

GOLDEN CHINESE BUFFET - AUBURN

JAN 27	W	11:30A- 2:30P	\$5	31882
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We have heard many good things about this new Chinese buffet in Auburn. Price range is: \$7.

SHORTY’S GRUB HOUSE- FEDERAL WAY

FEB 24	W	11:30A- 2:30P	\$7	31883
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Shorty’s offer good old fashion comfort food. Price range is: \$6-13.

DINING CONNOISSEURS

Enjoy a monthly dinner night out with your friends from the Senior Activity Center. Leave the restaurant choosing and driving to us. Dinner costs are on your own.

MAMA STORTINI’S- KENT

JAN 12	T	4:30-8P	\$7	31848
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Mama Stortini’s is a casual restaurant offering popular foods, Northwest products and rustic European cooking influences at reasonable prices. Price range is: \$10-24.

ICON GRILL - SEATTLE

FEB 9	T	4-8P	\$7	31881
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The Icon Grill has great food, great service and a colorful atmosphere. Price range is: \$11-25.

WAITING LISTS

Please make sure to get your name on the waiting list if a trip is full. We do our best to try to accommodate as many people as we can.

SEATTLE POLICE MUSEUM AND KLONDIKE GOLD RUSH MUSEUM

JAN 20	W	10:15A-3:30P	\$16	31849
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At our first stop we will discover the history of northwest law enforcement, policing the frontier, and the "taming" of Seattle. The Seattle Police Museum is largest police museum in the western U.S., combining historical displays with an interactive learning area for children and adults. Working in collaboration with the Seattle Police Department, and the King County Sheriff's Office, this private, non-profit museum offers insight into the vast transitions experienced by both agencies since the early 1860's. After the police museum we will have an independent lunch in Pioneer Square and then meet back at the Klondike Gold Rush National Park. The park preserves the story of the 1897-98 stampede to the Yukon gold fields and Seattle's role in this event. The park offers a glimpse at the stories of adventure and hardship of the gold rush. Fee includes transportation and tours. Lunch is on your own.

LUCKY EAGLE CASINO

JAN 28	TH	9A- 5P	\$5	31880
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The Lucky Eagle Casino is a wonderful casino located in Rochester. Fee includes transportation, a \$5.95 buffet and some on bus raffles.

SNOWSHOEING

TBA	9A- 4P	\$55	31851
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Enjoy a great outdoor adventure with experienced guides and get some good exercise. No experience necessary. Pack a lunch, snacks and water. Fee includes snowshoes, transportation and guided tour.

SEATTLE FBI TOUR

TBA	9A- 3P	\$11	31850
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How much do you really know about the Federal Bureau of Investigations? Learn about their mission and how they go about protecting us. You will also have the opportunity to ask lots of questions as we tour their Seattle Headquarters. Enhanced security measures are in effect so your full legal name and date of birth will be required upon registration. Lunch will be on your own at the Old Spaghetti Factory. Fee includes tour and transportation.

ARE YOU INTERESTED?

Do you have a motorcycle and like to ride?

Let us know if you would like to get connected with other riders by calling the Senior Activity Center at 253-931-3016 and get on the interest sheet.

CHICAGO - PARAMOUNT THEATRE

MAR 3	W	4:15-11P	\$62	31898
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There's never been a better time to experience CHICAGO, Broadway's razzle-dazzle smashes. This triumphant hit musical is the recipient of six Tony Awards®, two Oliver Awards, a Grammy® and thousands of standing ovations. A sensational tale of sin, corruption and all that jazz, it's no surprise that CHICAGO has wowed audiences from Mexico City to Moscow, from Sao Paulo to South Africa. And now it's coming to your town! Fee includes an orchestra section ticket and transportation. Dinner will be on your own at the Outback Steakhouse before the show.

RED HAT SOCIETY - AUBURN MAD HATTERS

NEW MEMBERSHIP MODEL

The membership model is as follows. Each Queen will register her chapter for \$39 a year. Which is Jerry Merriman for Auburn Mad Hatters and each supporting member will pay \$20 a year. Hatquarters is no longer offering free general membership.

Due to membership changes at Hatquarters the Auburn Mad Hatters will become independent from the Senior Center. What does this mean? All trips, programs and/or events will be planned by the group with Queen Jerry as your fearless leader. You will still have a place to meet and to hold some annual events at the Senior Center. We will have a special table for the Red Hat Society members at all of our holiday luncheons and once a month at our birthday luncheon if you so desire. Your upcoming events will be in the Senior Center bi-monthly brochure to help keep you informed. The biggest change is all transportation will be on your own and no registration will be done by the Senior Center.

For questions regarding registering as a member for the Auburn Mad Hatters contact Jerry Merriman at 253-752-6700 or Hatquarters at 866-386-2850.

UPCOMING EVENTS

TUESDAY, JAN 19	12:30-3:00PM
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Auburn Mad Hatters Bunco and Dessert party. Bring \$6 for the prizes, paper products and coffee. Need 12-16 players. For more information call Janice at 253-833-7619 or Jerry at 253-752-6700

MONDAY, FEB 8

Red Hat Tea at the Secret Garden in Sumner. Great atmosphere, incredible food and tea. Cost is \$30 per person. Please contact Norma at 253-833-0273 or Jerry at 253-752-6700.

EXTENDED TRAVEL

SAN FRANCISCO

JUN 6-10, 2010

\$1,299 - \$1709

Join us as we discover San Francisco, California!

Trip Includes:

- Airfare
- Travel Insurance
- Transfers
- 4 nights at the Radisson Hotel Fisherman's Wharf
- \$16 credit for IHOP Restaurant
- Alcatraz Tour
- San Francisco City by Night Tour
- Napa Valley Wine Tour
- Winchester Mystery House, Muir Woods and Sausalito Day Trip

You will have free time to explore China Town, Fisherman's Wharf, Golden Gate Park, North Beach, Union Square, ride the trolley or just relax around the hotel pool. The memories of this 5 day, 4 night trip will last a lifetime. Meals and Gratuities are not included. **Sign up at the front desk to be invited to the informational meeting and registration.**

COMING IN AUGUST & SEPTEMBER

4 day trip to Whistler, British Columbia, August 2010

3 days Overnight Hike, September 8-10, 2010

YOU SET THE GOAL - WE WILL HELP YOU GET THERE!

TAKE ADVANTAGE OF ONE OF OUR MANY PROGRAMS DESIGNED TO PROMOTE *POSITIVE AGING*

Need a **LIFE COACH**? Visit the Enhance Wellness Social Worker for personal advice on day to day issues affecting you and/or join in on a facilitated support group designed to guide you through specific challenges.

Other services include foot care, flu shots, blood pressure checks, massage, Senior Health Insurance Benefits (SHIBA), Senior Rights, information and referrals and wellness lectures. Read on for more details.

WELLNESS TEAM

The Auburn Senior Wellness Team is comprised of two teams; the planning team and the working team. The Wellness team is looking for motivated individuals who are interested in being on the working team. See Rocky if you are interested.

WELLNESS TEAM MEETINGS

JAN 13	W	9A-4P WELLNESS RETREAT
FEB 10	W	9:30-11A

FOOT CARE PROVIDED BY KAREN'S FOOT CARE

Karen Poppleton is a licensed Nail Care Technician and has provided foot care at the Senior Activity Center for 10 years. She will be providing foot care services on Mondays by appointment only. Call 253-931-3016 to make an appointment and bring a towel. The cost is \$27 for all clients. Need a scholarship for foot care? Ask your foot care provider.

Making appointments: We are now booking foot care appointments for four months at a time; the current month and the following three months. You may call the Center to book an appointment or book your next appointment with your nail care technician at the time of service.

BLOOD PRESSURE CLINIC

Canterbury House offers a free blood pressure clinic on the following dates:

JAN 25	M	11A-12P
FEB 22	M	11A-12P

Veta Howard can help you with checking your blood pressure on other days of the month. The Senior Wellness Team purchased a blood pressure machine for the Senior Activity Center that will add in this service.



MASSAGE

2 ND AND 4 TH	TUESDAY	10A-3:30P	\$33/\$53*
2 ND AND 4 TH	TUESDAY	4-7P	\$33/\$53*
2 ND AND 4 TH	FRIDAY	10A-3:30P	\$33/\$53*

***\$33 for 30 min. and \$53 60 min.**

Please welcome Leslee Jo who comes to us with 20 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

NLC PRESCRIPTION DISCOUNT CARD PROGRAM

The NLC Prescription Discount Card Program is available to Auburn Residents at no cost to the City or the individual. The card provides a discount that can offer a savings up to 20 percent off the retail price of most prescription drugs. This is no enrollment or membership or restrictions based on age, existing health coverage or income. Most major retail pharmacies accept the prescription discount card. For a complete list of participating retail pharmacies and to get a card visit www.2caremark.com.

DENTAL SERVICES BY "HEALTHY SMILES"

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from "Healthy Smiles" will be here to offer her services for a \$75 (roughly half price) on September 4. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment.

ENHANCE WELLNESS PROGRAM

Veta Howard, MSW, is able to help individuals develop plans to work towards their own health and wellness goals. Examples of goals currently being worked on in the program include: weight control, diabetes, exercise, overcoming depression, loneliness and more. She will also offer additional group classes and support groups.

Veta Howard, MSW
Hours are as follows:

Monday	8 a.m. - 3 p.m.
Tuesday	8 a.m. - 5 p.m.
Wednesday	8 a.m. - 5 p.m.
Thursday	8 a.m. - 12 p.m.

Call to make an appointment.

AUBURN RESPITE CARE PROGRAM

This is an adult day care that meets the second and fourth Tuesday from 10 a.m. - 3 p.m. and every Friday from 10 a.m. - 3 p.m. here at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-875-9163 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too!

SUPPORT GROUPS**GRIEF WORKS****DAYTIME Session**

2nd Tuesday 10:30A-12P

EVENING session

2nd Thursday 7-8P

These free forums are open to the public to learn about grief and loss issues and healing tools. Discuss actions that promote healing for yourself or others. For more information call Debbie at 253-333-9420. GriefWorks is located at 4910 A Street SE, Auburn.

ALZHEIMER'S ASSOCIATION SUPPORT GROUP

1ST Tuesday of each month 12-1:30P

Memory loss is not a normal part of aging. A free information support group for family caregivers is held the 1st Tuesday of every month at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn. Take the first step and call the group facilitator, Val Brustad at 253-854-7658.

CAREGIVERS SUPPORT GROUP

2nd Tuesday of the month 2-3P

Caregivers can bring their loved ones to the center for respite care and then attend this support group. Caretakers who have family and friends in assisted care facilities are welcome to attend also. We'll offer resources and ideas about care-taking and a chance to share and be supported. Take a much needed break and stop by to get acquainted with the group facilitator and Social Worker, Veta Howard. The group is free and all caretakers are welcome to join us.

HOT MEAL PROGRAM OVERVIEW

LUNCH PROGRAM

The Lunch Program serves delicious, balanced meals in a welcoming group setting to people who are at least 60 years of age. All meals meet one-third Recommended Daily Allowances for persons 60 years of age and older. The cost is a confidential suggested donation of \$3 per meal. Persons decide for themselves what if anything they wish to contribute. No eligible participant is denied a meal if unable to donate. Food Stamp Vouchers are accepted as contributions.



CONTRIBUTE \$3 IF YOU ARE:

- Anyone 60 or over or;
- If you are dining with a 60 or over spouse.
- If you are a disabled or handicapped individual under 60.

While we enjoy having caregivers, friends and family join in during lunch, please remember the federal guidelines and make the appropriate payment.

CONTRIBUTE \$5.75 IF YOU ARE:

- Under the age of 60 or;
- You are a caregiver, who is not a spouse, below age 60 or disabled;

NEW! SURPRISE DESSERT WEDNESDAYS!

You asked for it you got it! We've had several requests for sweet treats. Every Wednesday there will be a special dessert added to the lunch menu. Come to lunch and treat yourself.

SALAD BAR NEWS



The cost of the salad bar is supplemented by the City of Auburn's Human Services and Mike Schooley. Personal donations are always accepted.

ENTRÉE SALAD BAR OPTION

Entrée size serving at the salad bar including a rotating choice of protein, ie., slices of ham, turkey, chicken breast, tuna salad, etc.

This option is available daily for the same \$3 suggested donation for those age 60 and over and \$5.75 for those under 60.

Also included is coffee, milk and dessert. Stop by and try this healthy lunch option and let us know what you think.



AUBURN SENIOR ACTIVITY CENTER LUNCH PRE-PURCHASE PLAN

Suggested Donation: \$3/Meal

Purchase Lunch Punch tickets at reception desk. Not valid for some special meals.

TICKETS AVAILABLE IN VALUES OF:

5 meals	\$15 (donation)
10 meals	\$30 (donation)
20 meals	\$60 (donation)

Choices: Entrée Salad or Main Meal menu.

Possibility: Take an extra meal to go for dinner.

Benefits: Good food, fun people and someone else cooks.

REGULAR LUNCH AT SENIOR CENTER

Here's the Scoop:

Offered M-F: Served at Noon

Registration: Begins at 11 a.m.

Salad Bar opens at 11:30 a.m.

Lunch served at Noon

MEALS ON WHEELS

Eligibility: 60 and over, and homebound (most)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings

Seven frozen meals per order for delivery or clients may pickup at Senior Activity Center with the option of purchasing an additional 7 meals at \$4.50 a meal.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most). The cost varies by product. We deliver weekly on Friday, or clients may pickup at Senior Activity Center.

For details and/or applications, call Cindy at 253-931-3016. Pierce County call 253-474-1200.



Meal on Wheels volunteers

COFFEE BAR RATES

Coffee, tea, hot chocolate and spiced cider.

Charge:

25¢ per cup

50¢ per mug

75¢ per large travel mug

50¢ bottled water

Punch cards are available - 20 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours.

Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.



Morning coffee gang

SENIOR SAVERS PANTRY

All Seniors, regardless of income level, are welcome. Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you. A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

JANUARY DATES:

JAN 7	THURSDAY	9A-1P
JAN 8	FRIDAY	9A-12 P

FEBRUARY DATES:

FEB 4	THURSDAY	9A-1P
FEB 5	FRIDAY	9A-12P

MARCH DATES:

MAR 4	THURSDAY	9A-1P
MAR 5	FRIDAY	9A-12P

PANTRY LOVERS SPLIT PEA SOUP

NICE ON A COLD WINTER DAY

1 # SPLIT PEAS, GREEN OR YELLOW-AVAILABLE
AT THE PANTRY

1 LARGE ONION, CHOPPED

1 BUNCH GREEN ONIONS INCLUDING GREEN
TOPS OLIVE OIL

2 LARGE CARROTS, SHREDDED

2 LARGE SAUSAGES, (POLISH, GERMAN, ETC,)
SKINNED AND SLICED IN 1 INCH CHUNKS

- COVER SPLIT PEAS WITH LOTS OF WATER AND
SIMMER ABOUT 3 HOURS IN LARGE POT UNTIL S
OFT.
- ADD SALT AND PEPPER TO TASTE.
- SAUTÉ ONIONS AND CARROTS IN SMALL
AMOUNT OF OIL UNTIL SOFT
- ADD TO PEAS AND COOK UNTIL TENDER, ABOUT
1 HOUR
- JUST BEFORE SERVING ADD SAUSAGES AND
COOK UNTIL WARMED THROUGH



DID YOU KNOW?

Support Services include providing information on subjects such as Social Security, wills, health insurance, tax counseling and loan closet. The Center works with the Humane Society in offering the senior pet food bank. The Senior Center receives many phone calls requesting information regarding needs for seniors, therefore, the Center serves as a key information and referral site for area services to seniors.

VETERAN SERVICES

JAN 4	M	8-10A
FEB 2	M	8-10A

If you have any questions or need help connecting with state, county or federal veterans benefits or services you can ask Joel Estey. He will be here the first Monday of the month at 8 am. You can see him at these times or you can call anytime with your specific questions. He can be reached at 206-612-2816-Cell or 206-296-7570. Joel has worked for the King County Veteran's Program for over twenty four years. He was in the US Army from 1967-1969 with service in Vietnam in 1968.

Jeannette Moen, a DAV Service Officer, will also be here to assist veterans and their families in applying for their VA benefits. She can be reached at 253-859-6439. Jeanette has forms for veterans, widows, or family members to file a claim with the VA for health benefits, compensation and/or pension.

LOAN CLOSET

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

OUTREACH WORKERS

Outreach workers help with Social Security Insurance, medical, food stamps, economic security problems, chore help, general counseling, and/or referrals to other community service programs. For more information, call Senior Information and Assistance at 206-448-3110 or toll free at 1-888-435-3377.

VOLUNTEER TRANSPORTATION

Qualified volunteer drivers provide rides to medical appointments and local errands for seniors. To qualify for transportation, you need to be 60 years or older, a King County resident and have no other transportation options available. For information, call Volunteer Transportation for Seniors, **206-448-5740** between 8 a.m. and 5 p.m.

MEDICARE BILLING

Are you confused about your medicare bills, supplemental insurance bills or other health related paperwork? Golden Care at Valley Medical Center can help with all these problems or concerns. This FREE service is available at Valley Medical Center by appointment only.

**Interested in information about the Lions Club
Affordable Hearing Aid program?
Call 1-866-LIONAID (546-6243)**

Call 425-226-4653.

LEGAL SERVICE

The Young Lawyer's Section of the Seattle/King County Bar Association and City of Seattle sponsors free legal information, advice, and referrals to the public regardless of income level. They handle a wide variety of legal matters, including real estate, landlord/tenant concerns, debt problems, bankruptcy, consumer affairs and accidents. You will be referred to the nearest neighborhood clinic. **Call 206-340-2593** on Mondays and Thursdays between 9 a.m. and 12 p.m.

ENERGY ASSISTANCE PROGRAM ACCEPTING APPLICATIONS

Energy assistance programs may be able to help you pay for electricity, gas, propane, wood or oil. Two programs may be able to help low income seniors with their heating bills: the federal government's Low Income Home Energy Assistance Program (LIHEAP) and Puget Sound Energy's HELP Program. **Call 1-800-348-7144** for an appointment and/or income guidelines.

CITY OF AUBURN HOUSING REPAIR

The City of Auburn offers grants for minor and emergency home repairs including: plumbing, electrical, roofs, disabled access, furnace service and other repairs. Applicants eligible for a Housing Repair Grant must reside within the city limits of Auburn and meet the HUD income guidelines. The housing unit must be owner occupied. For more information or to request an application, please contact the City of Auburn's Planning Department at **253-931-3090**.

NEED HELP WITH YOUR HOME ENERGY COSTS?

The Multi-Service Center Energy Assistance Program is now doing applications for PSE HELP program and the federal Low Income Home Energy Assistance Program (LIHEAP). Applicants, including people seeking mail applications, must call the toll free telephone number, 1-800-348-7144, for an appointment. This number is available 24-hours-per-day, 7-days-a-week, and first screens callers by zip code. No customer walk-in appointments will be made.

PROPERTY TAX DEFERRAL PROGRAM

This program is for Senior Citizens/Disabled Persons. Applications can be picked up at the Senior Center.

**HUMANE SOCIETY'S
SENIOR PET FOOD PROGRAM**

Through the Humane Society's Senior Pet Food Program, free pet food will be delivered to our Center. For more information on this program, call the Senior Center.

**KING COUNTY METRO REDUCED
FARE PERMITS**

Call Metro at 206-553-3000 or stop by the Senior Center for a permit application. All senior fares are 50 cents.

AMERICANS WITH DISABILITIES ACT (ADA) PARATRANSIT

This program is for people who have a disability which prevents them from using a lift equipped Metro bus sometimes or all the time. There is no income limit. People registered under ADA Paratransit can use ACCESS transportation van service in all areas, on the days and at the time Metro buses operate. Riders may bring a personal care attendant if they are unable to use ACCESS transportation alone. They can also bring at least one friend on any trip. Reservations for ACCESS transportation van service can be made up to three days in advance by calling 206-205-5000. Metro ACCESS fare is 75 cents per ride.

EMPLOYMENT

Bored with retirement? Many people who retire are. After awhile they would like to get back to the world of people, action and a paycheck, but they don't know how. If you are 55 or older, low income and would like part-time work, call Senior Employment Service/AARP at 206-624-6698 for an appointment. Collect calls accepted. Open 8:30 a.m. - 4:30 p.m. Monday through Friday.

EZ READER FOR LOW VISION

Is available in the Computer Lab. See Senior Activity Center staff for more information and/or a demonstration.

WOODLAND PARK ZOO AND AQUARIUM PASSES

Passes for 2009 are here. Please pick up passes one or two days before you plan to go. Passes are for seniors only.



MONTHLY EMAIL OF BROCHURE

30039 FREE

If you have a computer with an internet connection and want to be notified by email when the brochure is complete and ready for viewing online, please



provide us with your email address and register for class # 30039. By registering for this email list, you will receive an email with a link that will give you a sneak peek of the brochure before it is printed.



SENIOR INFORMATION AND ASSISTANCE

Advocates access a computerized database of over 7,000 community services. They can provide information on a number of available services for seniors in King County.
206-448-3110 OR 1-888-435-3377 (WA only)

SENIOR RIGHTS ASSISTANCE

The Senior Rights Assistance program's trained volunteers provide FREE legal and consumer information to King County's older adults on a number of topics related to their rights and options, including estate planning, powers of attorney, wills, landlord/tenant issues, homeowner concerns, fraud, warranties, credit and debt management, kinship care, burial/funeral planning, and victims of crime assistance. SRA can also schedule an appointment for you to visit with an attorney for 30 minutes at no charge to discuss powers of attorney, wills/probate, guardianship and estate planning. Please call 206-448-5720 to speak with a SRA volunteer. See below for the details on the SRA volunteer who comes to our Center.

STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA)

JAN 25	M	9A-12P
FEB 22	M	9A-12P

Chuck Wright, SHIBA volunteer, is trained to provide you with guidance and information in the following areas: Medicare, Medigap, Medicaid, Long Term Care Insurance and Group Insurance. He will be at our Senior Activity Center the fourth Monday of each month. Other days are also available. Call the Senior Activity Center for an appointment or arrangements for another day.

ESTATE PLANNING INFORMATION

JAN 20	W	9:30A-12:30P
FEB 17	W	9:30A-12:30P

Do you need information regarding:

- Will?
- Power of Attorney?
- Living Will?
- Living Trust?
- Community Property Agreements?
- Probate?

Diana Paris, SRA volunteer, is trained to provide you with guidance and information in the above estate planning areas. Call Senior Activity Center at 253-931-3016 for an appointment. She is normally at our Senior Activity Center the 3rd Wednesday of each month.

INCOME TAX PREPARATION

Beginning in February and continuing until April 13 AARP trained tax counselors will be on hand on Monday and Tuesday mornings to help complete your 2009 income tax forms. Call the Senior Center for an appointment. Sign up begins January 11.

REBUILDING TOGETHER. SOUTH SOUND

We have a year-round Home Modification program, focused on projects that will increase the safety and accessibility of a home for a person with limited mobility, whether that person is elderly or a person with disabilities. Home Modification is completed at no charge to approved homeowners. For more information visit www.rebuildingtogetherss.org or call 253-238-0977.

USEFUL PHONE NUMBERS

Volunteer Transportation for Seniors
206-448-5740

**Golden Care/Medicare Billing Help/
Valley Medical Center**
425-226-4653

**Legal Service Young Lawyer's Section of the Seattle/
King County Bar Association and City of Seattle**
206-340-2593

Energy Assistance Program
1-800-348-7144

Senior Employment Service/AARP
206-624-6698

Outreach Workers/Senior Information and Assistance
206-448-3110 or toll free at 1-888-435-3377
1-800-972-9990

Reservations for ACCESS transportation van service
(Metro Access fare is \$.75 per ride)
206-205-5000

Senior Rights Assistance (SRA)
206-448-5720

Kinship Caregivers Support
Program Offers Help
1-888-435-3377

DIAL 211 to find Social Services
Get connected. Get answers.

Statewide Health Insurance Benefits Advisors (SHIBA)
1-800-562-6900

**Pierce County Aging & Disability Resource
(Agencies and Services)**
1-800-562-0332 or 253-798-4600



IF YOU WORKED FOR THE POST OFFICE, WHAT WOULD THESE ABBREVIATIONS ON AN ENVELOPE MEAN?

1) AVE

2) DR

3) RD

4) BLVD

5) CT

6) HWY

7) LN

8) SQ

9) ST

10) ALY

11) BYP

12) RDG

13) TPKE

14) XING

15) LK

16) FWY

17) CRK

18) EXT

19) PKY

20) MTN

21) TUNL

22) LNDG

5 FIVE WAYS TO REGISTER

Payment must be made when registering online, in person, by telephone, or by mail.

FIRST DAY OF THE "NEW BROCHURE MONTH" REGISTRATION PROCEDURES:

- Walk-in and telephone registrations begin at 8:30 a.m.
- First-Come, First-Served number distribution begins at 8 a.m.
- You may register yourself and two others for any activity, class, trip, special event, etc. **(See page 15 for hike and walk exceptions.)**
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is unusually heavy on the first registration day of the month in which the bi-monthly brochure is released.

REFUND/CREDIT POLICIES FOR TRIPS AND CLASSES

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1. VISA MasterCard 

ONLINE:
Auburn at Play
On-Line visit
www.auburnwa.gov for
24-hour convenience to register
with VISA/MasterCard.

2. VISA MasterCard 

PHONE IN:
Telephone registration and
sign-up for services will be
accepted Monday through
Friday, 8:30 a.m.-5 p.m.
253-931-3016

3. VISA MasterCard 

FAX IN:
For 24-hour convenience
fax your form with VISA/
MasterCard information
to **253-288-7444**. Your
registration is processed the
next working day. Please
print clearly.

4. MAIL IN: 

Registrations will be
processed after noon on
the first working day of the
month or the day received
thereafter.

5. WALK IN:

Walk in registrations will be
processed Monday through
Friday, 8:30 a.m.-5 p.m. at the
Senior Activity Center except
on the first working day of the
month. On the first working
day of the month, we start
assigning numbers on site at
8 a.m. See procedures above.

REGISTRATION FORM

AUBURN SENIOR ACTIVITY CENTER

Participant Last Name _____

First Name _____

Spouse Last Name _____

First Name _____

Address _____
APT. NO. _____

City _____ Zip _____

Home Phone (____) _____

Business Phone (____) _____

Email Address _____

Participant Birthdate _____ Gender _____

Spouse Birthdate _____ Gender _____

ACTIVITY NAME & PARTICIPANT NAME

BARCODE NO.

ACTIVITY FEE

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

CREDIT CARD INFORMATION



VISA OR MASTERCARD #

EXP. DATE

PLEASE PRINT NAME OF CARDHOLDER

TOTAL DUE

\$

**PLEASE MAKE CHECKS PAYABLE TO:
AUBURN SENIOR ACTIVITY CENTER**

Assumption of Risks/Exculpatory Clause: For and in consideration of the opportunity offered to me to participate in the above-named activity/activities offered by the Auburn Parks, Arts & Recreation Department, I, as evidenced by my signature below, do hereby hold harmless, release and waive all claims I may have against the City of Auburn, its officials, employees, agents, or contracted instructors, and any other person(s) involved in this activity for any and all injuries, losses or damages suffered by myself as a result of my participation in this activity/activities. I accept full responsibility for the cost of treatment for any injury, losses, damages or death suffered by myself while taking part in this activity/activities. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature

Date

BROCHURE SUBSCRIPTION
\$12 Annually 6 issues
#31895 JAN/FEB

NEWCOMER REGISTRATION
#31896 JAN
#31897 FEB

COFFEE HOURS WITH THE MAYOR & COUNCILMEMBERS



MAYOR PETE LEWIS



SUE SINGER
DEPUTY MAYOR



NANCY BACKUS
COUNCILMEMBER



VRIGINIA HAUGEN
COUNCILMEMBER



LYNN NORMAN
COUNCILMEMBER



JOHN PARTRIDGE
COUNCILMEMBER



BILL PELOZA
COUNCILMEMBER



RICH WAGNER
COUNCILMEMBER

Thursdays at 10-11 a.m.

This is your opportunity to speak directly to your elected officials on any subject. Coffee and cookies will be served.

2010 Schedule

Jan 14	Mayor Pete Lewis
Feb 11	Bill Peloza & Virginia Haugen
Mar 18	John Partridge & Lynn Norman
Apr 8	Mayor Pete Lewis
May 13	Nancy Backus & Rich Wagner
Jun 10	Sue Singer & Bill Peloza

Jul 8	Mayor Pete Lewis
Aug 19	John Partridge & Lynn Norman
Sep 9	Mayor Pete Lewis
Oct 14	Rich Wagner & Virginia Haugen
Nov 18	Mayor Pete Lewis
Dec 9	Nancy Backus



AUBURN PARKS, ARTS & RECREATION

SENIOR ACTIVITY CENTER

808 Ninth Street SE, Auburn WA 98002

253-931-3016 • www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED